



Mojito



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



177 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ounce seltzer water
- ☐ 12 small mint leaves fresh for garnish
- ☐ 1 cup ice crushed
- ☐ 1 ounce juice of lime fresh
- ☐ 2 ounces rum white
- ☐ 2 teaspoons caster sugar

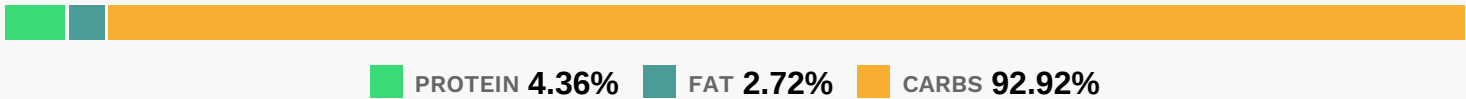
Equipment

- ☐ drinking straws

Directions

- ☐ In 10-ounce glass (such as Collins or highball), stir together lime juice and sugar until sugar dissolves.
- ☐ Add 1/4 cup crushed ice. Rub mint leaves over rim of glass, then tear leaves in half and add to glass. Gently stir for 15 seconds, then add rum, remaining crushed ice, and club soda. Gently stir for 5 seconds, then tuck mint sprigs into top of glass and insert tall straw.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:5.58, Inflammation Score:-6, Nutrition Score:3.1247826108466%

Flavonoids

Eriodictyol: 4.33mg, Eriodictyol: 4.33mg, Eriodictyol: 4.33mg, Eriodictyol: 4.33mg Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 177.26kcal (8.86%), Fat: 0.16g (0.24%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 11.07g (4.02%), Sugar: 8.46g (9.4%), Cholesterol: 0mg (0%), Sodium: 22.72mg (0.99%), Alcohol: 18.94g (100%), Alcohol %: 6.49% (100%), Protein: 0.57g (1.14%), Vitamin C: 12.32mg (14.93%), Vitamin A: 523.93IU (10.48%), Manganese: 0.16mg (7.85%), Copper: 0.1mg (4.96%), Fiber: 1.07g (4.29%), Calcium: 41.72mg (4.17%), Folate: 16.51µg (4.13%), Iron: 0.66mg (3.69%), Magnesium: 14.52mg (3.63%), Potassium: 103.31mg (2.95%), Vitamin B2: 0.04mg (2.35%), Zinc: 0.23mg (1.54%), Phosphorus: 15mg (1.5%), Vitamin B1: 0.02mg (1.36%), Vitamin B6: 0.03mg (1.34%), Vitamin B3: 0.25mg (1.26%)